

# AVVA E - Health Newsletter

Spring 2013



**AVVA National Health Committee Members:**  
*Kathy Andras, Cathy Keister, Percilla Newberry, Edith Rose, Carol Southern*  
**Co-chairs: Elayne Mackey, Mary Miller**

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*Elayne Mackey, Mary Miller*

*The Health Committee hopes that you enjoy this E-Newsletter which we are proud to share. Maybe you will find some helpful hints to make your lifestyle easier and healthier. In no way, are we giving medical advice or taking the place of a visit to your Doctor. If you should see any signs of illness mentioned in the newsletter, please make a medical appointment.*

*We welcome any comments or suggestions that you may have. If you have any articles that you would like to submit, please do.*

*If there are any subjects that you might like to see just let us know and we will research it. Submit to: Elayne @: [mmm4evr1@aol.com](mailto:mmm4evr1@aol.com) We thank VVA for allowing us to use some of their materials and those of Web Weekly.*



*“Spring drew on . . . and greenness grew over those brown [garden] beds, which, freshening daily, suggested the thought that Hope traversed them at night, and left each morning brighter traces of her steps.”*

*~ Charlotte Brontë, Jane Eyre*



*Always Remember*



# Agent Orange

## Chemical Disasters, Agent Orange, and GMOs: Monsanto's Legacy Traced in Exposé

### Food & Water Watch highlights toxic 'corporatization and industrialization of our food supply'

Chemical disasters, Agent Orange, and the first genetically modified plant cell are among just some of the dark milestones belonging to the history of the biotech giant Monsanto highlighted in a new report released Wednesday by consumer advocacy group *Food & Water Watch*.

The in-depth historical analysis *Monsanto: A Corporate Profile* presents a corporation "steeped in heavy industrial chemical production," who only recently began marketing itself through an "environmentally friendly, feed-the-world image"—an image that is contradictory to a century of toxic chemical production and a food supply saturated with un-labeled GE crops, herbicides, and artificial growth hormones. Monsanto, as *FWW* shows, now holds vast "undue influence over lawmakers, regulators, and our food supply," and has caused great devastation to farmers around the world through its global seed monopoly.

"Despite its various marketing incarnations over the years, Monsanto is a chemical company that got its start selling saccharin to Coca-Cola, then Agent Orange to the U.S. military, and, in recent years, seeds genetically engineered to contain and withstand massive amounts of Monsanto herbicides and pesticides," said Ronnie Cummins, executive director of Organic Consumers Association in response to the report. "Monsanto has become synonymous with the corporatization and industrialization of our food supply."

~Agent Orange Update

Opponents of genetically modified food are outraged over a provision they have dubbed the "Monsanto Protection Act," which was signed by President Barack Obama after being added to an essential spending bill without congressional hearings. The rider strips the power from federal courts to halt the sales and planting of genetically modified foods even if

health concerns arise, according to Food Democracy Now, a food-safety advocacy organization. Food Democracy Now collected more than 250,000 signatures on a petition that called for the president to veto the measure, which was tucked into the \$982 billion six-month spending bill needed to keep the government

open for the rest of the fiscal year, CBS News reported. "This provision is simply an industry ploy to continue to sell genetically engineered seeds even when a court of law has found they were approved by USDA illegally," the petition stated. "It is unnecessary and an unprecedented attack on U.S. judicial review. Congress should not be meddling with the judicial review process based solely on the special interest of a handful of companies." The measure was added to the spending bill by Republican Sen. Roy Blunt of Missouri, Newsmax confirmed. Blunt's office wasn't able to respond by press deadline, but the senator defended his work in a Politico article. [Read more!](#)

~ Agent Orange Zone

Wednesday, April 3, 2013

### Monsanto Co.'s sales increase 15 percent to \$5.47 billion, led by genetically modified corn seeds, the company's best-selling product

<http://www.sfgate.com/default/article/Monsanto-profit-rises-22-percent-in-second-quarter-4405834.php>

WASHINGTON (AP)

Monsanto reported that its income increased 22 percent in the agriculture products company's second quarter on strong sales of biotech seeds, particularly in Brazil and other emerging markets.

The company boosted its full-year earnings guidance, citing its strong performance in the first half of the year. Its shares edged higher in morning trading

The St. Louis company said it earned \$1.48 billion, or \$2.74 per share in the three months ended Feb. 13, up from \$1.21 billion, or \$2.24 per share, in the same quarter a year ago.

**MORE:** <http://www.sfgate.com/business/article/Monsanto-profit-rises-22-percent-in-second-quarter-4405834.php#ixzz2PPsHsWho>

~ AgentOrangeZone





## Dioxin exposure causes transgenerational health effects

<http://agentorangelegacy.com/2013/02/register-now-important-message-to-children-of-vietnam-veterans/>

A new study, funded in part by NIEHS, found that dioxin affects not only the health of an exposed rat, but also unexposed descendants through a mechanism of epigenetic transgenerational inheritance. The study was conducted in the laboratory of Michael Skinner, Ph.D., a professor in the Biology in the Department of Biological Sciences at Washington State University (WSU) who designed the study. Center for Reproductive Co-authors included assistant research professor Mohan Manikkam, Ph.D., research technician Rebecca Tracey, and postdoctoral researcher Carlos Guerrero-Bosagna, Ph.D.

“Although not designed for risk assessment, these results have implications for the human populations that are exposed to dioxin and are experiencing declines in fertility and increases in adult onset disease, with a potential to transmit them to later generations,” the authors concluded.

Dangers of dioxin last for decades after initial exposure. Dioxin, 2, 3, 7, 8-tetrachlorodibenzo[p]dioxin (TCDD), is a chemical compound that constitutes part of the Agent Orange herbicide used as a defoliant in the Vietnam War. According to research cited in the study, exposure is estimated to have caused 400,000 deaths and 500,000 birth defects. Dioxin has also been released from industrial accidents, leading to human exposures. Due to its extremely long half-life of up to 10 years in humans, dioxin may still affect pregnancies occurring even 20 years after exposure.

In the Skinner group’s experiments, exposure to dioxin caused changes in the DNA methylation patterns of sperm that were transmitted across generations, in an imprinted-like manner, to affect the health of multiple generations of descendants. The grandchildren of exposed rats showed dioxin-induced effects ranging from polycystic ovarian disease to kidney disease. The work raises the serious concern that even if toxic chemicals, such as dioxin, were completely removed from the environment, they could continue to cause disease for multiple generations.

<http://www.niehs.nih.gov/news/newsletter/2012/11/science-dioxin/index.htm> ~ Agent Orange Zone

## Good Sites to Search

- <http://www.youtube.com/watch?v=IDHClxfT2II&feature=share&list=UUMxqQq9enK6LgDEiYE-dhzA>
- <http://campaign.r20.constantcontact.com/render?llr=eg85r5bab&v=001AOTdCtwnZM8->

## URGENT CALL TO ACTION!

### They Want Us to Kill the Petition

Since Birth Defect Research for Children filed the petition for the Center to diagnose and treat the children of Vietnam veterans, we have seen our funding disappear. Our Combined Federal Campaign (military and government workplace) funding is at an all time low. Grants we counted on have not come through.



Right now our funding has been cut in half and we are only able to continue because our director has been willing to work for free since the beginning of this year.

We are a small organization and never operate on a lot of funding, but we can’t exist on “no” funding. This is why we are appealing to all 12,648 veterans and friends who have signed the Centers’ petition to help us with your donation. You can donate through the Agent Orange bracelet program here on Causes or directly through our web site [www.birthdefects.org](http://www.birthdefects.org). If all of you donate only \$25, we will be able to continue another year. If you donate \$50, two years...and if you donate \$100, we will be there for you through the long haul.

Thanks, Betty Mekdeci Executive Director  
 Birth Defect Research for Children  
<http://www.birthdefects.org>  
 976 Lake Baldwin Lane, Suite 104 Orlando FL 32814  
 407-895-0802

ATTENTION FAMILIES OF VIETNAM VETERANS EXPOSED TO AGENT ORANGE  
 Birth Defect Research for Children (BDRF) FUNDING CUT IN HALF;  
 Since filing a petition to build a Children's Center that would help thousands of Vietnam veteran's children in dire need of specific medical treatment related to Agent Orange Exposure.

**THEY ARE TRYING TO KILL THE PETITION!!**

Donate through "Agent Orange Hope Bracelet" Program on Causes or directly by visiting BDRF website: [www.birthdefects.org](http://www.birthdefects.org)

SEARCH FOR: "Agent Orange Hope Bracelet" Program on Causes: [www.causes.com](http://www.causes.com)

\$10.00 buys two (2) "Agent Orange Hope Bracelets"

Birth Defect Research for Children

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- <https://www.disabledveterans.org/tell-your-congressman-to-support-spina-bifida-action/>
- <http://www.causes.com/actions/1694553-support-care-and-medical-treatment-for-the-children-of-vietnam-veterans>
- <https://www.facebook.com/pages/Faces-of-Agent-Orange/187669911280144>
- <https://www.facebook.com/pages/Faces-of-Agent-Orange/187669911280144#!/aovvm>
- <http://agentorangelegacy.com/>



**Please take the time to read this article:**

<http://agentorangezone.blogspot.com/2013/04/obama-signs-monsanto-protection-act.html>

## Uncommon Sense

There have been a lot of comparisons to the Wars in Afghanistan and Viet Nam, though much of it has been in the form of arguments for ending the current war based on lessons learned from that previous conflict. However, there is a much more concrete and dire comparison between the two to which even the most ardent anti-war demonstrators seem blind. In Viet Nam, it was called Agent Orange, and forty years later veterans exposed to this and other chemicals are still fighting for treatment and answers. In Afghanistan, they are called Burn Pits. The primary difference is the first was a weapon deployed against the environment and the second is ostensibly in defense of the environment.

In Afghanistan, as it was in Iraq and in the Gulf War, military bases have a serious problem with waste disposal. Particularly on very large bases with hospital complexes and on Forward Operating Bases in the more remote regions, what to do with the waste generated daily by several thousand people is a question for which there are no easy answers.

In the instance of medical waste, at least at the joint Camp Leatherneck/Camp Bastion, there are incinerators but they are used only for operating room waste, according to a letter written by an Army captain to Military Times in June of this year. The captain states that all other waste, “including bloody bandages, medical supply waste and needles, were thrown into a burn pit less than 100 yards from (her) quarters.”

This is not only current common practice on bases all over Afghanistan, just as it was in Iraq, it is standard operating procedure. “Anything that can be moved into a Burn Pit is moved burned. If it doesn’t want to burn, we pour something on it, like jet fuel or anything we can get our hands on to make it burn” reported one soldier who served both in Iraq and Afghanistan. The thinking is, he explained, it is better than burying it, and a whole lot cheaper than trucking it out.

With each passing year of the conflict in Afghanistan, there have been more and more soldiers and veterans seeking medical assistance with a range of strange and for them, never before seen symptoms and illnesses. To even the most casual observer, the correlation between severe respiratory issues and the proximity of these burn pits would be a natural assumption. However, the military has gone to great lengths to deny there is any connection.

In April 2011, an Army environmental engineer officer wrote a report stating that the burn pits at Bagram Air Field in Afghanistan are the primary source of air pollution. This study was conducted as part of the Army’s investigation into the cause of so many soldiers seeking treatment subsequent to being stationed there. After hundreds of deaths and thousands of claims presented to the VA, some had begun to organize and get the attention of elected officials. The Army’s initial response was to do a controlled environmental study. But, in typical beaurcratic fashion, when the results contradicted the truths they had already decided upon, Joanne Rooney, principal deputy undersecretary of defense for personnel and readiness wrote a letter to Congress dated July 23, 2012 that states defense officials do not believe that the burn pits were the main contributor to what she admits are elevated levels of airborne contaminants at Bagram.

In her letter, Rooney states the evidence is “still inconclusive regarding whether exposure to ambient pollution, including burn pit emissions, during deployments to Southwest Asia creates a long-term health risk for our deployed personnel.” She further states that some individuals who have experienced symptoms or illnesses may have due to “pre-existing health conditions or genetic factors”.

This is where the similarities for our Viet Nam era vets are the most telling. Those vets went for decades trying to get recognition, and therefore treatment for a host of illnesses related to their exposure to Agent Orange and

other chemical during their service. Uncounted thousands died while the government they risked their lives to serve denied their claims, stalled any meaningful research and both literally and metaphorically buried the issue with lies, evasions and accusations that those who were sick were somehow responsible for their own illnesses.

Fortunately, the past is not repeating itself in all its lurid details. Currently, there is legislation wending its way through Congress that aims to at least lay the groundwork for a time when the government will acknowledge how our service member's health has been put at risk by the practice of burning everything. The Senate Veterans' Affairs Committee passed SB 3340, part of which directs the VA to establish a registry of all those who served iareas that may have been affected by open-air burn pits.

The House has a similar rider on its veteran's education bill, HR 4057 which also requires theVA to inform veterans of the registry and keep those who sign up apprised of research and treatments for illnesses and diseases associated with exposure to toxic chemicals and fumes.

All of this is encouraging, but there is still a long way to go. Many of the substances troops are known to be exposed to have still unknown or little understood effects on the human body, though many are among the most toxic substances known to man. In addition to a host of respiratory and cardiac problems, these substances are known carcinogens.

Worse, many are known to effect humans on a chromosomal level, which accounts for the staggering jump in exceedingly rare birth defects and abnormalities of the children born to those who were exposed.

These are some of the known – and disturbing facts:

- The DOD knows and has known of the exposures, proven by a 2008 unclassified assessment of air quality at bases in Iraq and Djibouti.
- the projected cost of the Burn Pit Registry project will be \$2 million dollars over the next five years, a paltry sum
- The defense contractor KBR, a former Halliburton subsidiary has received billions of dollars to build and maintain military bases in Afghanistan, Iraq and all over the world.
- If the VA or the DOD admits to a causative effect in the operation of burn pits for the illnesses faced by military personnel, the question of when it was reasonable to assume this correlation existed then becomes the most important issue.

This last one is not a presumptive or baseless fear on the part of the DOD as dozens of suits have already been

filed against KBR for their complicit role in the deaths and illnesses of service members Those filing suit hold no illusions about the battle they face as KBR is one of the world's largest construction companies, and one of this country's most politically connected.

The most moving and unsurprising piece of news to come out of this tragedy is the support these veterans are receiving from previous generations of vets, particularly those from Viet Nam. Those veterans know all too well the challenges and difficulties these new vets will face in the years and decades to come. In the same spirit in which Viet Nam vets have spearheaded the movement to honor all those currently serving, to guarantee they are welcomed home with the respect and dignity they deserve, they are helping organize and publicize the fight of this generation for recognition of their service related illnesses. They have more than forty years of experience on the front lines of the battle with the government they swore to serve, a government that used all its resources to deny them the care they deserved.

Let's not have another Viet Nam era tragedy. Let's recognize the sacrifices these men and women made to serve their country by acknowledging and caring for them when they come home with illnesses that are a direct result of their choice to serve.

~Denise Williams, 2012

### **Burn-pit registry for veterans signed into law.**

**I**n January 2013, President Obama signed legislation requiring the Veterans Affairs Department to establish a registry for troops and veterans who lived and worked near open-air burn pits used to dispose waste in Iraq, Afghanistan and elsewhere overseas.

In addition to including new requirements for providing a casket or urn for veterans with no known next of kin and establishing care:

(<http://www.airforcetimes.com/news/2013/01/air-force-5-million-clark-cemetery-repairs-philippines-011013w/>>) for a military cemetery in the Philippines, the ***Dignified Burial and Other Veterans Benefits Improvement Act, S. 3202***, aims to pinpoint the number of veterans who may have been exposed to burn-pit smoke so VA can track their medical histories and keep them apprised of new treatments for associated conditions.

Troops deployed in support of contingency operations and stationed at a location where an open burn pit was used will be eligible to register.

Veterans advocacy groups and families of service members who have become ill since their deployments hailed passage of the law as a "victory."

"It validates the truth behind every death, every illness associated with exposure," said Rosie Lopez-Torres, co-founder of Burn Pits 360 and wife of former Army Capt. LeRoy Torres, who developed a rare lung disorder known as constrictive bronchiolitis after serving in Iraq.

VA said Thursday it will announce directions for signing up when the registry becomes available.

"The new registry will enhance VA's ability to monitor the effects of exposure and keep Veterans informed about studies and treatments," VA wrote on its <http://www.publichealth.va.gov/exposures/burnpits/index.asp>">burn pits military exposures web page Thursday.

Sen. Tom Udall, D-N.M., one of the bill's sponsors, became involved in promoting the registry after a constituent, Air National Guard Master Sgt. Jessey Baca, fell ill following deployment.

"Just as our veterans have answered the call of duty for our country, we have answered their call for better information and today brings us closer to insuring this special population receives the care and treatment they deserve," Udall said in a statement released Thursday.

Some feel the legislation did not go far enough to address war-zone environmental toxins. The list of pollutants troops may have come in contact with in Iraq and Afghanistan is long, ranging from chemicals inhaled by soldiers who fought a sulfur fire near Mosul in 2003, to dust and fine air particulates inhaled during daily operations, depleted uranium and more.

"I fear everyone is going to say the health conditions seen in our troops are only a consequence of burn pits and now we can stop worrying," said Dan Sullivan, president of the Sgt. Thomas Sullivan Center, a nonprofit group named for his brother that raises awareness of post-deployment health concerns.

"But there are so many environmental exposures, it's important to focus on them and how they might affect one another," said Sullivan, whose brother died in 2009 of heart, lung and digestive tract diseases that his family thinks were related to environmental exposures, including insecticides and phosphates. VA has acknowledged troops may suffer from illnesses related to environmental exposures. According to VA, it has established a surveillance program for service members exposed to hexavalent chromium, a known carcinogen, at a water treatment facility near Basrah in 2003, and it lists nine infectious diseases found in the Middle East as service-related conditions.

## Diagnosing Multiple Sclerosis

The diagnosis of MS can only be made after an extensive evaluation and is not based on one specific physical finding, laboratory test or symptom. The diagnosis of MS is often difficult and may take time. The symptoms of MS can come and go, and symptoms are not the same for every person. A Health Care Provider will take a clinical history and perform a physical examination. Although many of the symptoms cannot be seen on examination, there are specific guidelines that have been developed to help a Health Care Provider (usually a Neurologist) make the diagnosis of MS. Additional testing may be necessary, including imaging (an MRI) of the head and neck, blood tests, spinal fluid analysis, and visual tests. The VA is committed to providing our Veterans the specialized testing needed to establish an accurate diagnosis of MS.

More info: <http://www.va.gov/ms/multiple-sclerosis-diagnosis.asp>

~ Veterans Administration

Most people who have strokes, whether transient ischemic attacks (TIAs, where the blood flow to a part of your brain is restricted temporarily) or non-transient ones, ignore the symptoms, hoping they'll go away.

This is bad for a couple of reasons: First, you never know when the symptoms are going to worsen from inconvenient to life-threatening; second, if you show up at an emergency room with a stroke early enough, we can prevent a lot of permanent damage.

So: If you have weird symptoms including (but not limited to) **weakness** or **numbness** on one side of the body, **difficulty balancing**, **vision** or **speech changes**, or anything that just doesn't feel right, call 911.

Don't go to bed and sleep it off; don't drive yourself to the ER. Don't have a shot of Beam and hope it goes away, don't take six aspirin and call your doctor for an appointment next week. Got it? Good.

When you do show up at the ER, you're probably wondering what we're going to do to you. Listen up and be enlightened so things won't seem so scary:

Once you describe your symptoms to the triage nurse, he or she will (if she or he is in possession of a reasonable number of brains) get you back to the treatment area pretty quickly. You'll have a neurological exam that tests, among other things, your ability to speak, move all your limbs, see things all over your field of vision and interpret situations.

You'll have to have a head CT scan, I'm afraid. This is because those of us in the brain business want to know, sticklers that we are, whether or not you're bleeding into your brain or have a clot in it. If your head CT doesn't

show anything exciting, we can assume that you're not bleeding ('cause blood shows up like gangbusters on a CT) and can treat you for a presumed clot.

If you've gotten to the ER soon enough (within three hours of the onset of symptoms in most places), we can start you on a clot-busting drug called TPA. It's given IV in a drip and moves around your body for several hours, hopefully knocking out the clot that's in your brain without doing any other damage. Yeah, there are risks, which usually involve unpleasant bleeding we don't want, but it's generally a case of less risk than potential benefit.

You might get an MRI as well, probably sooner rather than later, if you have any symptoms of bleeding or if things aren't cut-and-dried.

You'll also get, at some point, a couple of exams to be sure your heart is doing what it ought to. This is because one of the biggest causes of stroke is a clot that travels from the heart thanks to something called atrial fibrillation.

Atrial fibrillation (or "A-fib," if you're cool like me) is a condition in which the top half of the heart, rather than beating regularly, sits there and vibrates. This allows blood to pool in there and clot, and then, if and when your heart actually manages a good solid beat, those clots go flying up into your unhappy brain.

We would do an EKG to check the rhythm of your heart, as well as an echocardiogram. The latter is basically a sonogram of your heart that lets us know for sure that you don't have any holes in your ticker or weird shunts or craziness like that.

All of this is necessary because neurology is primarily done by exclusion: We knock out all the things that **could** be wrong with you (like neurosyphilis, alien abduction or a bleed) and end up, we hope, with something that really **is** wrong with you.

Incidentally, this is also how neurology differs from neurosurgery: Neurosurgeons have you hop up on the table so they can root around in that ole' brain box and find something definite.

Anyway: If you're not feeling normal, and it's not a hangover, go to the bloody ED, okay? It'll make both of our lives easier in the long run. It'll also mean I haven't wasted my valuable time by typing all this out.

*This post originally appeared in [The Head Nurse blog](#).*

## Massage to Relieve Headache

**A** headache is a symptom of many acute and chronic conditions. Traditional Chinese Medicine (TCM) claims that headache is either due to pathogenic obstructions or inadequate nourishment in the head region. Acupressure massage is most suited for headache due to flu, migraine or muscular tension. Press and knead between the eyebrows 30 times. Wipe the forehead with the middle knuckles of the index fingers, 30 times. Thumb-knead the temples 30 times, then wipe back towards the hairline 30 times. Press and knead the depressions below the occipital bone, at the bottom of the skull, 30 times. Clench the fists and beat the middle of the back of the opposite shoulder, 15 times on each side. Knead the middle part of the palm between the thumb and the index finger, 30 times on each hand.

Add the following steps for individuals with:

### Migraine

Use the middle fingers to knead the corners of the forehead inside the hairline (St8), 30 times. Firmly wipe again the temple of the affected side, 20 times. Nip and knead the back of forearm 2-finger-breadths above the wrist (Sj5), 30 times on each side. Nip and knead on the back of the palm between the ring and little finger-30 times on each side.

### Headache Located in the Crown:

Knead the center of the crown of the head (Du20), 30 times.

Knead the front of the forearm, 2-finger-breadths above the midline of the wrist, 30 times on each side.

Knead the dorsum of the foot in the depression between the big toe and the second toe, 30 times on each side. Rub the center of the sole of the foot, 30 times on each side.

### Headache Located in the Back of the Neck

Knead the back of the head with the thumbs, 30 times.

Knead the base of the little finger, 30 times on each side.

~ moondragon.org



## DID YOU KNOW???

1. Budweiser beer conditions the hair
2. Pam cooking spray will dry finger nail polish
3. Cool whip will condition your hair in 15 minutes
4. Shiny Hair - use brewed Lipton Tea
5. Sunburn - empty a large jar of Nестea into your bath water
6. Minor burn - Colgate or Crest toothpaste
7. Burn your tongue? Put sugar on it!
8. Arthritis? WD-40 Spray and rub in, good for insect stings too
- 9 Bee stings - meat tenderizer
- 10.Chigger bite - Preparation H
11. Puffy eyes - Preparation H
12. Paper cut - crazy glue or chap stick (glue is used instead of sutures at most hospitals)
13. Stinky feet - Jello !
14. Athletes feet - cornstarch
15. Fungus on toenails or fingernails - Vicks vapor rub
16. Kool aid to clean dishwasher pipes. Just put in the detergent section and run a cycle, it will also clean a toilet. (Wow, and we drink this stuff)
17. Kool Aid can be used as a dye in paint also Kool Aid in Dannon plain yogurt as a finger paint, your kids will love it and it won't hurt them if they eat it!
18. Peanut butter - will get scratches out of CD's! Wipe off with a coffee filter paper
19. Pam will remove paint, and grease from your hands! Keep a can in your garage for your hubby
20. Heavy dandruff - pour on the vinegar!
21. Preserving a newspaper clipping - large bottle of club soda and cup of milk of magnesia , soak for 20 min. and let dry, will last for many years!
22. Remove labels off glassware etc. rub with Peanut butter!
23. Dirty grout - Listerine
24. Stains on clothes - Colgate toothpaste
25. Grease Stains - Coca Cola, it will also remove grease stains from the driveway overnight. We know it will take corrosion from car batteries!

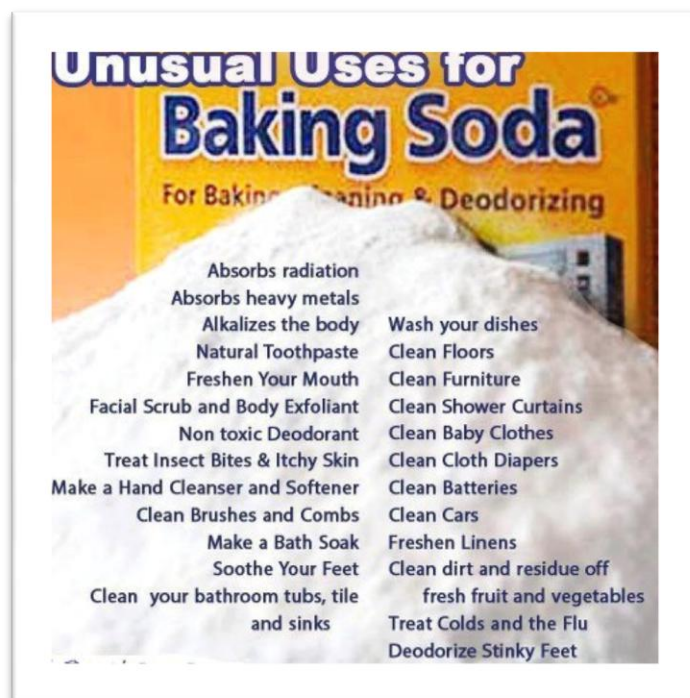
***Don't forget Gatorade for Migraine Headaches. PowerAde won't work. Pass this information on to friends so they can be informed.***

**G**et rid of "potty" smell... dog, cat or child urine odors ~ 1 part mouthwash (Listerine, blue) to 2 parts water in a spray bottle. Spray on odor/spot, cover w/ newspaper, and remove paper when dry. The newspaper absorbs the smell, repeat if needed. This is awesome.

**W**hen you go to buy bread in the grocery store, have you ever wondered which is the freshest, so you 'squeeze' for freshness or softness? Did you know that bread is delivered fresh to the stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday. Each day has a different color twist tie. They are:

- Monday -Blue,
- Tuesday - Green
- Thursday - Red
- Friday -White
- Saturday - Yellow

So, if today was Thursday, you would want red twist tie; not white which is Fridays (almost a week old)! The colors go alphabetically by color Blue- Green - Red - White - Yellow, Monday through Saturday. Very easy to remember. I thought this was interesting. I looked in the grocery store and the bread wrappers DO have different twist ties, and even the ones with the plastic clips have different colors. You learn something new every day! Enjoy fresh bread when you buy bread with the right color on the day you are shopping.





## Fun Crafts for the Grandkids



**Painting with Marshmallows** Put marshmallows on the ends of the sticks! And a brand-new art project was born, put them in bowls of shallow paint.

For the mini marshmallows, I just used toothpicks. You could go one step further and buy those jumbo marshmallows and have three different sizes, but I was happy with my two.

The kids were very excited to be painting with marshmallows!



## Chocolate Soda Recipe

### Ingredients:

- 2 tsp chocolate syrup (the kind you make chocolate milk with)
- 2 Tbsp milk
- 2 Tbsp vanilla ice cream
- 1 cup lemonade
- 1 ice cube

### Directions:

1. in a tall glass, mix chocolate syrup and milk. Add ONE Tbsp vanilla ice cream. STIR.
2. Add 2nd Tbsp vanilla ice cream, 1 cup lemonade and 1 ice cube. Stir lightly.
3. Serve with a straw.



When I saw a recipe that required you to mix chocolate, ice cream and lemonade... I shuddered. But we put it together and it was a big hit.

## Muddy Foot Prints

- Have children step on a plate (or ice cream pail lid) of brown play dough in their bare feet.
- Help them scratch their name in the play dough with a straw. Let dry.
- (Hint: If you spray with hairspray while the play dough is wet it dries shiny instead of cracked)

## Bubble Trouble

- Fill containers with bubble mix.
- Provide bubble wands and blowers for making bubbles.
- Supply a few cups or Popsicle sticks for catching and popping bubbles!

Recipe for Homemade Bubbles:

- 4 cups Water
- 1 cup Dish Soap – we used Palmolive, but I've seen Ajax, Joy, Dawn used.
- 1/4 cup Corn Syrup
- container – plastic tub, gallon jug

Pour and mix all of the ingredients into a bowl. Using a jug is great so you can shake it up really good, but you could whisk it all together in a bowl too. Let the solution settle a little, then pour it into a flat container, like a plastic tub. This way it's easier to dip your items into the **Now it's time to blow big beautiful bubbles!** We used all kinds of items to blow our bubbles, things from around the house: rubber bands, metal rings, bubble wands, wiffle ball, even the top end of a salt shaker. Any item enclosed all the way around should work.

### ***And last – some old time fun***

Take two tin cans, some felt, glue and string and you can create this craft from days gone by. We experimented with the age-old toy, the tin can telephone. We wondered if covering them in felt would make the voices harder to hear. After experimenting, we've discovered that it didn't make a big difference, and makes them look much better!

#### **What You Need:**

- 2 empty aluminum cans
- 1 large nail
- hammer
- 2 small washers (or nuts)
- cotton string
- scissors
- felt, colors of your choice
- instant grab glue

**What You Do:** Using nail and hammer poke a hole in the bottom of each can.



Thread string through the hole in the can. Tie ends of string around the washers. This will keep the string from coming back through the hole.



Cover cans in felt using instant grab glue. Trim the excess from the top of the can, leaving about 1/2" to fold inside the can. This will protect mouths and ears from any sharp edges on the cans. Decorate the outside with strips of different colored felt.

**Tip:** If you don't have washers, wrap the end of the string around a small rock and secure it with glue.

**Yay!! It's Spring!!** Time to get ready for Mosquito invasions. Here's an easy & pleasant repellent recipe you can make at home:

Combine in a 16 oz bottle:  
15 drops lavender oil  
3-4 Tbsp of vanilla extract  
1/4 Cup lemon juice.  
Fill bottle with water.  
Shake.

***Ready to use. Make some extra to gift to your neighbors, family & friends. (Trust me, it'll be appreciated!)***



#### **Your attitude affects your reality**

M. Scott Peck wrote the book, "The Road Less Traveled." In the first sentence he comments that life is hard, and once you accept that fact you are better able to move forward.

Everyone, regardless of the credentials on the wall, the title or the paycheck, has struggles and disappointments and setbacks. That is just the way it is. There is no Camelot. There is no perfect world. Once you recognize that everyone struggles with the same fundamental issues, it becomes a little easier to move forward. But if you assume a victim mentality and you aren't willing to try to improve yourself or your situation, you are doomed.

Attitude creates reality. For example, Mayo Clinic researchers have clearly documented that having a more positive, optimistic view of the situation provides health benefits for individuals with some forms of lung cancer. So how you view a situation can have enormous impact on how you live.

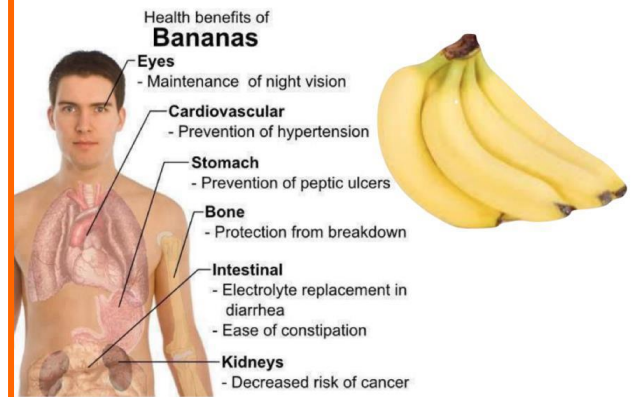
Some people see setbacks as absolute devastation whereas others view them as opportunities. At the end of the day, the choice is really up to you.

~ Edward T. Creagan, M.D.

1. Helps who wants to quit smoking.
2. Can boost brain power.
3. Relieves menstrual cramps.
4. Reduce itchy mosquito bites.
5. Prevents anemia.
6. Promotes healthy bones.
7. Reduce depression.
8. Lowers risk of heart diseases and hypertension.
9. Regulates bowel movements.
10. Helps people with ulcer.

## 10 Health Benefits of Bananas

Share This With Everyone



WWW.HOLISTICHEIGHTS.COM

Everything you wanted to know about bananas!

*When you get home from the store pull your bananas apart! They will stay good longer because when they are attached to the stem they ripen faster.*

### Health Benefits of Bananas

*By Ontario's best web page*

**Banana Morning Smoothie**

- 2 ripe frozen bananas
- 2 peaches
- 8-oz sliced pineapple
- 1/3 cup of chopped cold mango
- handful of crushed oats
- 1 Tbsp freshly ground flax seeds
- 1 cup cold almond or other nut milk

Blend in a blender or food processor until smooth. Enjoy!

great source of potassium may help to prevent high blood pressure & protect against atherosclerosis promotes bone health protects against stomach ulcers helps with elimination protects eyesight rich source of the prebiotic fructooligosaccharide improve nutrient absorption rich in provitamin A carotenoids rich in iron

promotes kidney health reduces risk of kidney & colon cancer great source of natural energy contains tryptophan which can lift the spirit bananas have a level of vitamin B6 that helps to regulate blood glucose level may calm morning sickness banana peels may help to soothe mosquito bites help promote hemoglobin production

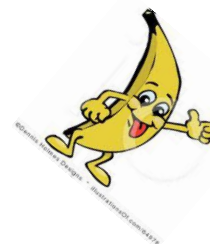
| Foods unopened, uncut or uncooked unless stated otherwise | COUNTER/PANTRY |           | REFRIGERATOR |            | FREEZER     |          |
|---|----------------|-----------|--------------|------------|-------------|----------|
|   | 1 DAY ←        | → 1 MONTH | 1 DAY ←      | → 3 MONTHS | 1 MONTH ←   | → 1 YEAR |
| APPLES  | 2-4 weeks      |           | 1-2 months   |            | 8-12 months |          |
| BANANAS   | 2-7 days       |           | 5-9 days     |            | 2-3 months  |          |
| CANTALOUPE  | Until ripe     |           | 1 week       |            | 8-12 months |          |
| GRAPES  | 3-5 days       |           | 7-10 days    |            | 3-5 months  |          |
| LEMONS  | 2-4 weeks      |           | 1-2 months   |            | 3-4 months  |          |
| PEACHES   | Until ripe     |           | 2-5 days     |            | 8-12 months |          |
| STRAWBERRIES  | 1-2 days       |           | 5-7 days     |            | 6-8 months  |          |

### Do monkeys really like bananas?

Monkeys eat bananas simply because bananas usually grow where they live – monkeys and bananas both like warm tropical weather! But monkeys who do and do not live around lots of bananas will eat other foods also.

Monkeys peel bananas before eating them since the peel isn't very good. They will peel bananas from the opposite end than people usually do. This method is easier for them and keeps the fruit intact.

~ interestinganimals.net





**To keep fresh flowers longer, add a little Clorox or 2 Bayer aspirin, or just use 7-up instead of water.**

**Outdoor use:** Hate flies? Try pine-sol. Mix it with water, about 50/50 and put it in a spray bottle. Use to wipe counters or spray on the porch and patio table and furniture - **drives them away!**

**A Simple Pineapple** - The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today. It is a multiple fruit. One pineapple is actually made up of dozens of individual floweret's that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower.

Pineapples stop ripening the minute they are picked. No special way of storing them will help ripen them further. Color is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit.

The more scales on the pineapple, the sweeter and juicier the taste. After you cut off the top, you can plant it. It should grow much like a sweet potato will.

This delicious fruit is not only sweet and tropical; it also offers many benefits to our health. Pineapple is a remarkable fruit. We find it enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today. If we take a more detailed look at it, we will find that pineapple is valuable for easing indigestion, arthritis or sinusitis.

The juice has an anthelmintic effect; it helps get rid of intestinal worms. Let's look at how pineapple affects other conditions. Pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly helpful to older adults, whose bones tend to become brittle with age. Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein" - which is why pineapple is

known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also considered an effective anti-inflammatory.

Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief.

In Germany, bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.

Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat.

If you have a cold with a productive cough, add pineapple to your diet. It is commonly used in Europe as a post-operative measure to cut mucous after certain sinus and throat operations.

Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.

An old folk remedy for morning sickness is fresh pineapple juice. It's also good for a healthier mouth. The fresh juice discourages plaque growth.

